

## Aerial Yoga-Amalgaming Traditional Yoga and Aerial Acrobatics for a Better Lifestyle

The human body is like a machine that needs regular attention and care in the form of a healthy diet, regular exercises and timely sleep. Lack of any of them in your daily routine can cause serious health hazards and can affect your lifestyle. Today's modern life is full of hectic schedules, stress, overwork and lack of balance. All these things prevent us from maintaining a suitable balance between our health and our professional commitments. When it comes to leading a healthy lifestyle through exercises, aerial yoga catches all eyes and gives you an edge over traditional ways of keeping healthy and fit.

**Aerial Yoga** = Traditional yoga + aerial acrobatics

Aerial yoga is a new and fresh approach to exercising and practicing yoga that lets you feel better, look better and move better with a newly founded confidence. Mentioned-below are some benefits of using the new form of the yoga. These include:

- Increase your upper body and core strength
- Increase your body awareness
- Easy workouts without doing hard work
- Improvement in physical structure
- Make you feel confident and self-esteemed



Aerial or anti-gravity yoga is a new form of yoga that makes you free from boring and monotonous exercise routines. It involves performing a series of exercises with a perfect mix of yoga, dance, pilates, calisthenics and aerial acrobatics. This form of yoga is done in order to achieve a total-body workout with the help of a hammock-like apparatus that remains above 2-3 feet off the ground.

Interestingly, this yoga is quite different from your regular yoga. It is nothing but a hammock that creates a real difference between your regular yoga and this form. In anti-gravity yoga, hammock acts like a swing or soft trapeze and allows people more flexibility and easy movement. With it, users can better understand their body. With it, you can achieve all yoga positions in the air. On the contrary, the traditional form of yoga is exercised to calm our nervous system through stretches and deep breathing.

This form of yoga is widely spreading and getting popularity in all parts of the world. Now, many new fitness centres are being opened that let you increase your physical as well as mental flexibility with aerial yoga instructors and trainings. These programs have been designed in a way so that students can easily achieve advanced traditional Yoga postures. Even, you can take help from real-time video an aerial yoga class.